



PRIME TIME NEWS

Mountain View Senior Center

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

JUSTINA LINAN
NANCY HUGYIK
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING ATTENDANTS
Christian Basconcilo
Jose DeAnda
Kyle Ignaitis
Rich Stephens
Shona O'Neil

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required.
To reserve a seat, call the Senior Center at (650) 903-6330 or visit the front desk.

RIGHT SIZING - How do you know when it is time to relocate? What are some basic guidelines on knowing what to keep and what not to? What are the common obstacles seniors face when they are relocating? Join Cindy Hofen, a senior transitions manager, as she gives you an overview of senior relocation. Bring your questions and sign up early.

Date: Thursday, March 11th

Time: 1:00 p.m.

Location: Senior Center, TBA



IS IT ALZHEIMER'S OR IS IT NORMAL AGING? -

Realizing you're are forgetting names of people, places or things can be frightening but people do not realize that this may not necessarily be Alzheimer's. If you would like to learn more, come hear Gerontologist Elna Tymes discuss the difference between the normal, most common kind of forgetfulness and the dangerous kinds of memory loss that seems to happen to early stage Alzheimer disease. You will also learn strengthening mental exercises.

Date: Thursday, March 25th

Time: 1:00 p.m.

Location: Senior Center, TBA



SETTING UP YOUR EMAIL ACCOUNT -

Do you know how to setup an online email account? One that you can access anywhere? Do you already have a Gmail, Yahoo or Hotmail account? If you have basic computer skills and want to learn to get free easy access email, sign up for this workshop offered by Monica Lipscomb. Space is limited

Date: Thursday, March 25th

Time: 2:00 p.m.

Location: Technology Room

WORKSHOPS